

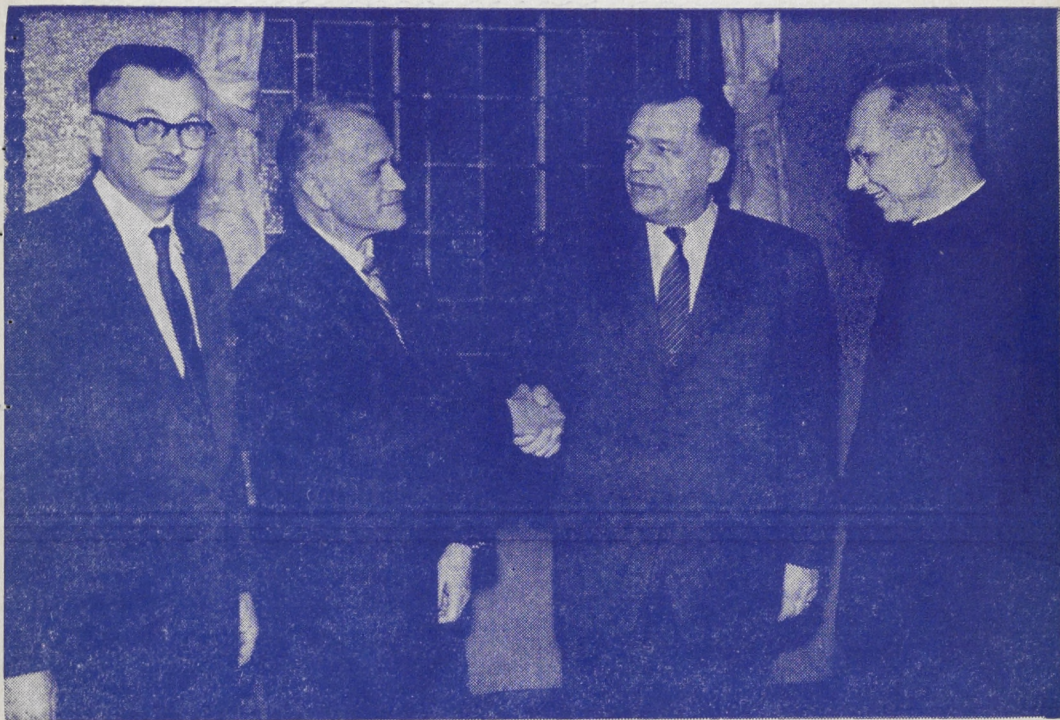
# Youth

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Edmonton, Alberta

February, 1958.

## MEETING OF NOTABLES BEFORE BANQUET IN EDMONTON



Left to right: Dr. J. Verchomin, president Edmonton section of Ukrainian Canadian Committee; M. Livetsky, Premier of Ukrainian govt. in exile; Mayor Wm. Hawrelak of Edmonton and His Excellency Bishop Neil Savaryn of Edmonton.

Youth . . . The Golden Age of Opportunity

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## YOUTH

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## YOUTH

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### Sample Copies

In accordance with its Press Campaign for 1958, the YOUTH magazine is prepared to set aside a number of copies every month to be distributed as free samples.

If you can send us a list of names of friends who would be interested in receiving a copy of the YOUTH, please let us have their names and addresses and we will send them the current issue of our magazine.

We would also like to hear from every U.C.Y. local which would like to have free copies of the YOUTH as part of its campaign to get new subscribers. Just let us know how many copies you would like and we'll mail them to you immediately.

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THE NATIONAL MONTHLY FOR UKRAINIAN CATHOLIC YOUTH

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## Criteria of Success

Every person wants to be successful in life. However, not everyone is willing to exert himself too much in order to achieve this success. For too many people in our present age expect something for nothing — they expect to get places without trying. Such people eventually find out their attitude has been wrong but, very often, this revelation usually comes too late.

This month we're not going to discuss all of the aspects by which one may achieve success, but we will talk about one way in which a great deal can be done towards this goal. No doubt you've all had opportunities to compare quality merchandise with that which is shoddy. The reason for this, of course, depends on the quality of the raw materials and on the workmanship. But this isn't always the case. Two products of identical quality don't always have the same history. Take cars for instance. A new car which is bought in the best condition does not always remain in that way. The kind of oil and gasoline used as well as the care taken of this car determine the condition in which it will be. So it is with ourselves.

All of us are possessed with certain characteristics which, if developed wisely, will enable us to succeed in our chosen careers. All of us possess varying degrees of intelligence which need only the right attitudes and will power if we are to make full use of it. Our attitude influences our will power so let's talk about that for a while. What is it that determines our attitude? Is it our church, school, home, friends, newspapers, magazines, radio, or television? Actually, all of these help to mould our attitude but some exert more influence than others. Today let's concentrate on reading.

We start reading during the first year that we start school and we never stop until our last day on earth. We read newspapers and magazines and we have advertising all around us. Since we do so much reading don't you think that we should be careful about the things read. No person can ever expect to read everything that is written. Just as inferior wheat makes a poor grade of flour, so does inferior reading leave a person with undesirable characteristics.

Persons who read stories about mushy and make-believe romances hurt their own chances of happiness because they expect life to be a story-book romance and are always looking for something which they never get. Their head is in the clouds instead of down on earth and they lose the happiness which could be theirs. People who read the Horatio

Alger success type stores expect wealth and fame to come suddenly out of the blue without any effort on their part. So they dream their life away, waiting for the pot of gold which never comes.

Individuals who read filthy and immoral stories eventually begin to accept such things for granted and even act accordingly. These are the people whose minds are practically always in the gutter, so to speak. They are the enemies of youth, the ones who defile their minds and ruin their chastity. And all this may be said to have its roots in written material.

There are those people who say that they read such material out of curiosity and that it doesn't affect them. Nothing could be further from the truth. Filth and evil may grow away slowly but damage is eventually done in much the same manner as water washes away rock.

With so much fine reading material available which will help us to lead good lives and make a success of ourselves, why should we clutter our minds with filth and ruin our chances of happiness. If we saw a man of moderate means throwing his money around we would say he was doing a very foolish thing. Yet we do much the same thing, only in a different and more disastrous way, when we read objectionable material.

There are many wonderful Catholic publications available today but most of them have to be subsidized because they have so few subscribers. Slowly, but relentlessly fairly large numbers have to cease publication. Isn't that a shame for all Catholics? Why would so many Catholics rather support a private publication rather than one of their own? If you know the answer to that question let us know about it.

February has been set aside as the Catholic Press Month. The purpose of this has been to acquaint Catholics with the publications which are available and to encourage people to subscribe. Ukrainian Catholics are just as notorious as other Catholics for their failure to support their own publications. Let's forget about adult publications for the time being as there will be a time for that in later years, and let's concentrate upon supporting something set up especially for us. We are referring to none other than our own YOUTH magazine.

The YOUTH is the only Ukrainian Catholic Youth Magazine in Canada. As such, because there is no opposition, one would think that this magazine has a wide circulation and is well established financially. This should be the case but it isn't. In fact, there is a long, long way to go before the YOUTH does reach this position. The reason for this is that there is too much apathy on the part of the Ukrainian Catholic Youth of Canada towards their official organ. It is something they take for granted and feel that they have no responsibility for. This is an attitude which will have to be overcome if the YOUTH is to succeed. That is why it is so important that every present subscriber be-

come a Crusader for YOUTH and thus help to boost its circulation among the Ukrainian Catholic Youth of Canada.

What are you and your local going to do for the YOUTH during February and March — Ukrainian Catholic Press Months?

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## Vocation Notes

**Modern Patroness of Youth — by Fr. M. Daciuk, O.S.B.M.**

In the catalog of Saints it seems we can find a patron or patroness for every good purpose and need in our earthly life. Surely it would be our benefit if all of us had a special patron to whom we could turn with confidence when deciding our vocation in life.

And Holy Mother Church has recently brought to our attention a little modern martyr who would rejoice to be our vocation patroness and helper. At least she could be for us an inspiration as to how we should value the worldly things in comparison with those that are supernatural. She is Saint Maria Goretti.

On June 24th, 1950, Maria was solemnly canonized a saint by our Holy Father. The people who were present for the occasion explained that they had not seen such a gathering at St. Peter's in Rome since the canonization of the Little Flower. Little wonder. Very many who are living today remember how Maria was murdered; in fact, her own mother is still alive and experienced that most rare joy of seeing her own daughter declared a Saint.

At twelve Maria was tall for her age, beautiful, not well educated, but certainly well trained. Her good mother had seen to that. "I taught

my children the holy fear of God. God did the rest." That was the pious mother's recipe for bringing up a saint.

Maria was just a girl who loved life . . . but loved God more. Because she gave her life, rather than offend God by serious sin, she is now happy in heaven. Just some 55 years ago (July 5, 1902) a young man surprised her while she was alone at home. He tried to force her to commit a sin of impurity. "No," she cried out, "Don't touch me. It's a sin. God doesn't want it." Angry and furious because she denied him, he attacked her with a large knife. Fourteen times he stabbed her, then left her for dead. But God permitted Maria to live 24 more hours. She suffered in patience and cheerfully forgave her murderer. "Oh yes, I forgive him," she was able to say. "In heaven I will pray for his conversion. I want him to be with me in paradise."

All our Teen-agers, our Bobby-soxers, our Jitter-buggers will do well to think over this story of Maria Goretti.

How many of our modern girls (boys, too, for that matter) would have had Maria's courage? Death by killing is a terrible thing to face. Sinning would have been easy. No one else would have known about

it . . . except God. But, think, how sad it would have been for the soul to die a spiritual death stabbed by such a sin. It takes strength and plenty of back-bone to say "No" when faced with such temptations. It took a martyr's courage to help Maria. She lost her life, but won a glorious victory. She won heaven forever. Thus God rewards those who love Him and who love virtue more than life itself.

Many of the attractions of the modern world are like this murderer. They tempt our young people to seek worldly pleasures even by displeasing God. But if all our Youth were as faithful as Maria was, they would always remember that God comes first. "I must please Him always, I must serve Him well." If that spirit is at work in our hearts, we can be sure that we are preparing ourselves properly for our future, that we have the right outlook on life. God is calling all you boys and girls to take up a special place in life. He knows where you belong. As yet, you may not know. Meanwhile, be sure to please God in your conduct that you may make yourselves more and more worthy of the vocation God has chosen for you. Maria's faithfulness in serving God helped her to become a saint at teen-age. Your faithfulness in serving God now will give you the best start in becoming good fathers or mothers; good priests or religious; best of all, in becoming saints.

Maria did not hesitate even for one moment if she should give all of herself, even her youthful life, to God. That is why God loved her so much and honored her with the power to perform miracles for those that asked her intercession. Are you

also ready to offer to God even your life if He only asks you to follow Him and serve Him in the religious life as a priest, a brother, or a sister? Your generosity and love to God will also be rewarded in such a way as only God would reward those who love Him . . .

Maria's murderer served his prison sentence of 27 years and sincerely repented for his crime. He returned to Maria's mother, humbly begged her forgiveness and then went into one of the strict religious Orders to do penance there for the rest of his days. He felt that he was not worthy of the grace of a religious calling, so he remains in the monastery to this day as an ordinary laborer. His only desire is that he repent enough for his great crime and that through the intercession of St. Maria he merit the greatest of gifts — that of joining Maria in her heavenly bliss.

This fact, above all, inspires us to ask Saint Maria Goretti to guide all our Ukrainian Catholic boys and girls in preparing well for their future way of life, in choosing their vocation wisely, and in remaining faithful to their choice.

### Christ's Call

The fields are white with the harvest  
of souls

But the reapers are scattered  
and few;

I am searching the hearts of the  
children of men

For toilers courageous and true.  
My heart is torn with its yearning  
love

But men must be saved by men.  
I have whispered my call to a  
thousand hearts;

Unheeded, it comes back again.



Go forth in faith, from your homes  
afar;  
Though weak in your littleness,  
still  
My strength shall strive through  
your frailty  
To compass the work of My Will.  
Go forth in trust, and My

Providence  
Shall guard you with tenderest  
care;  
Your part to labor, to suffer for  
souls,  
To teach and to win them by  
prayer.

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## UCY Competition for Trophy

Commencing with the Seventh Convention a trophy in honour of Archbishop Ladyka will be presented to the local of the Ukrainian Catholic Youth of Canada promoting most conscientiously their spiritual, cultural and social activities. The above mentioned trophy will be awarded for the accomplishments during the time elapsing between the National Conventions.

The following points will be taken into consideration:

1. The local must have 100% membership registered with the National Executive to be eligible.
2. Each local shall submit a report to the Diocesan Executive from which the Diocesan Executive shall submit the outstanding report to the National Executive.
3. The judging will take place at the National Convention.
4. The local report submitted shall be signed by the president and witnessed by the Spiritual Director of the local.
5. The report from the Diocesan Executive shall be in the hands of the National Executive two (2) weeks prior to the National Convention.
6. The trophy shall be held by the winning local until the next Convention.
7. Any damage sustained to the trophy will be paid by the Club responsible.

We sincerely hope that competition for this trophy will be an incentive for all locals to make an extra effort in making our UCY organization more active in attaining its aims.

## Personality of the Month



**Mary Trakalo, Secretary of the  
National Executive of UCY**

UCY can truly be proud to have as a member and one of its leaders Mary Trakalo of Toronto. With her pleasant smile and sense of humour Mary makes welcome company at any time. Many interests and hobbies help build the well rounded personality that is Mary's.

She has been and still is an active member of the UCY at Our Lady of Perpetual Help Parish in Toronto. There she has been active in such activities as concerts, folk dancing, banquets, tagging on Mother's Day and other familiar club activities. Mary must have been meant to be a secretary. Besides being a secretary for the RCMP she was elected secretary of her local in 1954 in which office she gained the experience to perform the heav-

ier duties which she was to assume later first on the Eastern Diocesan Executive and then on the National Executive.

Sincere in her desire of spreading the Christian spirit throughout the community Mary was quick to give a helping hand to anyone with the same aims. She has helped the Sisters Servants of Mary Immaculate during Open House at the Convent and with children as a Member of the Ukrainian School Committee. When the Ukrainian Women's Retreat Association was formed to introduce annual Retreats in Toronto she worked on the committees to establish them the success which they are to-day. Mary is the former secretary and now auxiliary member of the Legion of Mary in Toronto. The work, the good accomplished summed up in this paragraph can be appreciated only as being tremendous.

In 1954 Father Dybka organized a temporary Eastern Diocesan Executive which was unconstitutionally installed to start work among the youth in the East. The big job that awaited this Executive of which Mary was to collect information about existing UCY locals in the Eastern Diocese, organize them and prepare for a convention during which an Eastern Diocesan Executive would be constitutionally established. Their work was successfully climaxed at the Convention in Toronto in October, 1956. Mary's contribution to this success was by no means small.

Mary Trakalo was elected Secretary of the National Executive at



the National Convention in July, 1956. Since then she has very conscientiously performed any duties assigned to her, quietly and steadily. Truly feminine, she is happy to work unsung behind the scenes and readily bows in obedience to lawful authority. It is inspiring to work with such a person. A report of the work of the National Executive shall be published shortly in which her work will also be reported.

Mary has friends in the UCY across the country. Anyone who has

had the good fortune of meeting her knows much more could be written about her work and virtues which space does not permit. We know that Mary has no wish for any human praise; however, we feel that since she has set such a good example for her co-workers we should share our experience with all our members. Mary Trakalo is always Mary, endeavouring to imitate the virtues of Mary, Our Mother. May God grant her the grace to continue in this spirit to the end.

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## Forbidden Books

There are various classes of books which Catholics are forbidden (without express permission) to read, retain in their possession, sell, translate or in any way make known to others. Any book that comes under one of the following headings is a forbidden book whether it has been condemned by name or not.

The classes of books thus prohibited are the following:

1. Editions of the Bible published or edited by non-Catholics.
2. Books that defend heresy, or schism, or that attack the very foundations of religion.
3. Books that expressly attack religion or good morals.
4. Books written by non-Catholics that expressly treat of religion, unless it is clear that there is nothing contrary to Catholic faith in them.
5. Books that impugn or ridicule Catholic dogmas, or defend errors condemned by the Holy See, or de-

ride divine worship, or attempt to overthrow ecclesiastical discipline, or that expressly attack the hierarchy of the Church or the clerical or religious state.

7. Books that preach or recommend superstition, fortune-telling, spiritism, or similar occult beliefs or practices.

8. Books that defend duelling, suicide or divorce as licit, or that maintain that Masonic orders and similar societies are not harmful to both Church and civil society.

9. Books that expressly treat of, narrate or teach lascivious and obscene things.

10. Books on liturgy that contain unauthorized changes from the prescription of the Church.

11. Books that publish false indulgences or those that have been revoked by the Church.

Any book or publication that falls under any one of these headings may

not be kept in one's possession, or read, sold or translated by a Catholic without special permission from the proper authority. For example the Protestant Bible is a book forbidden to Catholics. We have our own Bible aproved and recommended for our use. The daily reading of the Bible is looked upon as an indulgenced prayer.

When a Catholic is in doubt about a certain book or publication, he should consult a priest or an approved list of books that a Catholic may read or keep in his home without harm to his religion or virtue.

Sometimes it is said that strict laws of the Church in this regard make for narrowness and ignorance on the part of Catholics. It is said that Catholics would be stronger in their faith if they were permitted to read what is said against their faith, or again that there are many Catholics who would not be harmed by such literature.

The answer to these and similar objections is twofold.

1. The Church bases her laws in this matter on nineteen centuries of experience of human nature and when she forbids certain literature she does it only because she knows it is dangerous. All laws are necessarily made for the common good.

2. In particular cases she readily grants permission to certain individuals to read such books and periodicals if there is a sufficient reason to do so. The permission can be obtained from the bishop through the pastor or confessor.

The Church is not afraid of her enemies nor their books; she will permit anyone to read their literature and answer them who shows

himself capable. But for the safety of those who have not studied deeply in matters of faith, who are not capable of discovering errors against it, she continues to enforce her laws. It is for their sake that the laws were made.

Reading is still the greatest power for good or evil in the world today. There are uncounted thousands of Catholics who, as they say, "simply must read the modern best sellers," no matter how irreligious or immoral they are. But these same Catholics have never read a chapter of the best sellers of all time — the Bible and the Imitation of Christ. They do not even possess these wonderful books though they spend hundreds of dollars a year on dangerous literature.

Our Catholic magazines lead a precarious existence while positively harmful literature is sold out soon after it appears. While there are unnumbered good books and magazines to read, to build up our faith and preserve our moral standards in this decadent age, there should be no difficulty for Catholics of good will to observe the very wise legislation of the church in regard to their reading.

Excerpt from an article in the  
LIGUORIAN

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A countryman, somewhat fearful, took a ride on a roller coaster. After it was over, he said to the ticket seller: "I thank you for both of those rides."

Ticket seller: "But you had only one."

Countryman: "I count it two — my first and my last."

# Дунав Ендик

Хто потрапив думати — видумати й свою думку виконати, цей далеко зайде і виб'ється наперед, на перше місце та здобуде собі велике ім'я. Бо такі люде важні й корисні в суспільстві. Без таких людей в світі жодного поступу не могло б бути. Був би застій, розклад і упадок.

Саме думання ще не допомогло і нікого наперед не висунуло.

Саме думання виглядає так:

Дунав прийти — не прийшов.

Дунав допомогти — не поміг.

Дунав відвезти — не відвіз.

Дунав віддати — не віддав.

Дунав відвідати — не відвідав.

Дунав зробити — не зробив.

Дунав належати — не належить.

Дунав записатись — не записавсь.

Дунав вчитись — не навчивсь.

Дунав послухати — не послухав.

Дунав женитись — постарівся і не оженився.

Дунав скінчити — не скінчив.

Дунав, дунав, дунав — а ні за ним, ні перед ним.

Спустив голову й думає!

Пригадується мені старенький дідуньо, як говорив до малого внука. коли той ставив йому різні питання:

— Чому, дідуню, той кінь (Сендій) спустив голову й так думає?

— Видиш, дитино, то знак, що той кінь вже буде здихати.

— А чому буде здихати?

— Бо вже спустив голову і думає; він слабкий і вже не може жити.

— Чому всі кури бігають, а та одна спустила голову й думає? Чи й вона здохне?

— Так, синку, вона вже здохне, або мама доб'є, бо вона вже не потрібна. Так воно, синку, є, що коли

щось спустить голову й думає, то вже можна пізнати, що вже довго не прожине, що приходить кінець.

— Дідуню! То я вже знаю, чому вчора тато мамі за волосся тягнули голову догори і мамою тріпали, як мама спустили були голову й думали. Тато боявся, щоб мамі не прийшов кінець.

— Так! Так, дитино, щоб не прийшов кінець!

Хлопчина зачав бігати довкруги хати, тримаючи голову догори.

Може часом відділ УКЮ, до якого я належу, спустив голову і думає. Може я, як член відділу УКЮ, спустив голову і думаю? Це знак, що приходить кінець моему відділові й приходить кінець мені. Такий відділ, і такий член існувати не може. Де нема руху, життя, праці, там застій і упадок.

Відділ УКЮ розлітається, бо нема праці. Член УКЮ донічого, й скорше чи пізніше відпаде, як не цікавиться своїм відділом і не бере живої участі у всіх підприємствах цього відділу.

Щоб не прийшов кінець нашому відділові, нашій організації і нашій молоді, то кожний хлопець і кожна дівчина при кожній нашій парафії повинні поставити собі завдання, щоб в них був відділ УКЮ і вся наша молодь стояла в рядах УКЮ і повела велику працю на честь своїх батьків, своєї св. Церкви і свого народу.

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Carnival, derived from the Latin "carne vale". means "Farewell meat."



# Generally Speaking

By Ced Haykowski

To every Ukrainian Catholic Youth, wherever you may be, whatever you may do, I wish you all a prosperous new year in which you may accomplish a Christian deed, which will remain in your hearts and minds forever. This gracefull and joyfull accomplishment shall sustain a memory in your minds and hearts, — wherever you may go or whatever you may do.

Think, Youth members, think of those leaders, of those self appointed heroes, of those hypocrites, who try to prove that our faith, that our morals, and that our way of life are wrong and sinister, and that that they would destroy what our forefathers have built by replacing it with some form or other of a 'Utopia'. But what is more beautiful? what is more sacred, what is more decent? than what our faith, our morals, and our freedom are? To this very faith I say, Youth members, give thy heart, and thy love, protect it in the darkest hour, and above all, fulfill the very hard tasks and obligations that are embodied upon you from century to century.

The greatest task of all you will endeavor for the year and many other years to come is the golden rule of every Christian citizen which is:

"Thou shall love the Lord thy God with the whole heart and . . . soul . . . Thou shalt love thy neighbor as thyself" (Matt., 22, 37, 39). In loving God, we must observe, respect, and obey the first three commandments of God. In the

same manner, loving thy neighbor is attained by the seven commandments of God, the seven chief corporal works of mercy, and seven chief spiritual works of mercy. It is apparent that these parts of the golden rule are easily learned, but their practice seems very difficult to fulfill. What, then must we do so that we may sustain something that is more precious than any ruby emerald?

Ukrainian youth, look into the pages of history, whether it be in books, in newspapers or in chronicles . . . , you will find men who have accomplished fame for the soul and the body — but it is the soul that cherishes and wins the fame over the works of the body. Teachings of Christ far surpass the fame and glory of every other famous person. This is one form of accomplishment for the soul. What makes our saints so well admired and adored? It is the good deeds and thoughts acquired by their souls. On the other hand, name some wrestler, boxer, dictator, or any other man without his good deeds who is well known and adored.

To each and every one of you, remember that you must feed those that have no food; you must give drink to those that are thirsty; you must give cloth to those that have none; you must visit those who are in prison, and do not gossip about their wrong doing but help them to avoid such incidents; you must shelter those that need shelter; you must visit those who are sick and cheer them; you must

bury those that are dead and pray for their souls, if you expect all that to be done to you; for no one knows his own destiny. After all, life is a dark and misty street where a man can only see a short distance ahead of him.

These tasks we seldom fulfill because of laziness, ignorance, and resentment. Therefore, every spiritual committee, with the aid of its members and spiritual directors has a difficult task ahead of it. The task may be handled in many ways, as each club desires. The "YOUTH" is ready and willing at any time to handle questions, open forums, and stories that any member wishes to write about. The U.C.Y. locals at their meetings would be glad to tackle religious questions. The spiritual committees, appointed or elected for that purpose, would be more than willing to organize and direct religious discussions. So every Ukrainian Youth, become a member, and do not be afraid or ashamed, but stand up, talk, ask questions; for it's better to handle our problems now than later. Every local should have discussion groups, visiting groups, charitable groups, and as many methods or able bodies they can in devoting their time to charity.

The following famous parable illustrates the results between good and bad works.

"Hear Behold, the sower went out to sow. And as he sowed, some seed fell by the wayside, and the birds came and ate it up. And other seed fell upon rocky ground, where it had not much earth; and it sprang up at once, because it had no depth of earth; but when the sun rose it was scorched, and be-

cause it had no root it withered away. And other seed fell among the thorns; and the thorns grew up and choked it, and it yielded no fruit. And other seed fell upon good ground, and yielded fruit that grew up, made increase and produced, one thirty, another sixty and another a hundredfold." (St. Mark 4: 3-9).

\* Let us be the one that shall increase and produce thirty, sixty, and a hundredfold.

In conclusion, Ukrainian Catholic Youth, I once more Wish you a prosperous new year in which the tasks you shall accomplish will be an everlasting memory.

## Fasting

Lent means penance, and penance means fasting. It's written all over the Scriptures.

Fasting means cutting down on our eating and drinking. Strictly speaking, it is eating one full meal a day, and two lesser ones. It implies refraining from delicacies and between-meal eating.

Why does a Catholic fast? A Catholic fasts because he wants to become like Christ; Christ fasted.

Christ inferred that Christians will fast. He did so when he said: "When YOU fast . . ."

Some say: "I don't like to fast." Or, "It is unpleasant." If Christ had been given to complaining He, too, would have said the same. But He Who didn't complain about the unpleasantness of being nailed to the cross didn't complain about fasting either. Both were in place to produce salvation. And Jesus said: "Take up

your cross daily and follow me."

The devil knew how Jesus felt after fasting. Though the Savior was silent about it, the devil knew that fasting hurt. That is why he tried to persuade the God-Man to alleviate the unpleasantness by changing stones into bread and eating. Our Lord squelched that suggestion by immediate, absolute, and scornful refusal. He made fasting stand. "And angels came and ministered to Him" Who prepared for their coming by fasting.

In the refusal of Jesus to yield to the devil's suggestion, we see the basic purpose and need of fasting: it is against the devil

Fasting brings the rebellious body of man into subjection. (St. Paul).

Fasting refines and purifies the soul.

Fasting strengthens the will and causes it to choose good under any circumstances.

Fasting overcomes the sinful passions.

Fasting makes for character.

Fasting infuses wisdom.

Fasting banishes a cowardly spirit.

Fasting invites the angels.

Fasting destroys the belly as a god. (Phil. 3/19.)

Fasting makes room for heavenly food: "Not on bread alone does man live, but on every word that comes forth from the mouth of God," says Jesus fasting.

Yes, fasting is against the devil. Our Lord tells us that some people are so sick and full of the devil that they can be cured only by FASTING and prayer. (Math. (17/20.)

The saints fasted. Read the Scriptures. They will give you dozens of examples. From Moses to Christ through Paul. Remove fasting from Christian living as atonement for sin and you destroy the Scriptures.

The Ten Commandments were given to Moses fasting.

The prophets fasted.

Esau (in the very beginning of the history of man) couldn't fast (he thought!) and lost his birthright. This stomach-minded weakling kidded himself into saying: "Lo, I die—"

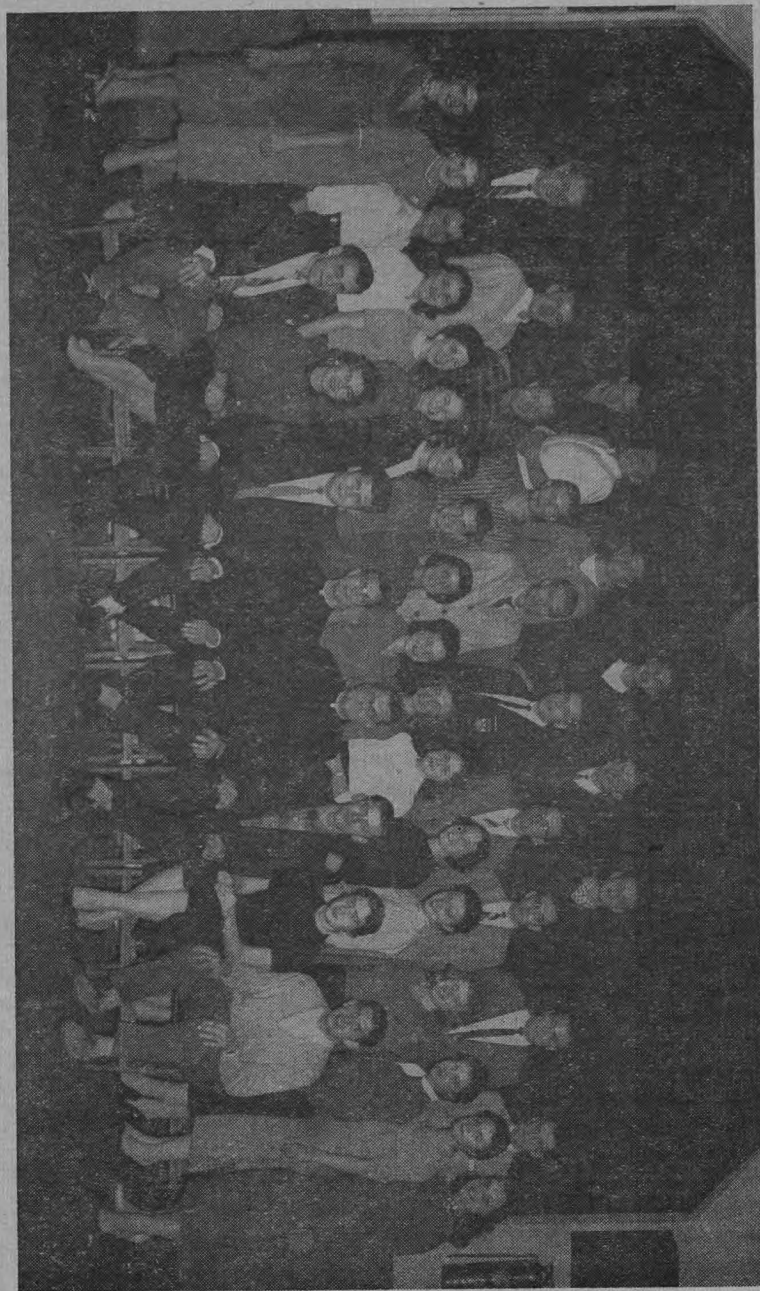
NO. Rather: fasting, thou shalt live!

## Press Fund

Mr. and Mrs. M. Kucher, Hay River, N.W.T., .....	\$4.00
Mr. and Mrs. S. Kruk, Winnipeg, Man. ....	3.00
Miss Virginia Kwasney, Winnipeg, Man. ....	2.00
Miss Helen Goshlak, Winnipeg, Man. ....	1.00
Miss Olga Goshlak, Winnipeg, Man. ....	1.00

OUR SINCERE THANKS





Cathedral U.C.Y., Toronto

## Plan of Activities

From time to time we get letters from locals asking us for suggestions about the various activities in which a U.C.Y club could take part, especially in the winter months. Consequently, we have prepared the following suggestions about the kinds of activities which all locals could try if they are not already doing so.

### Spiritual

a. Communion Breakfast: Most locals have this during the Lenten season but there is no reason why such a wonderful activity should not be undertaken more often. It would be well to secure the help of the Catholic Ladies Club in the parish to prepare the breakfast while the Youth are in Church. The event can be made more memorable if a prominent speaker, either a priest or a layman, is invited to give a talk as a sort of after-breakfast speech. It is also desirable that a collection be made for the Ukrainian Catholic Press, namely, the YOUTH magazine.

### b. Question Box:

We feel certain that our members are well acquainted with their religion but we also feel that there must be questions to be asked and many points to be cleared up. A Question Box is an excellent way to do just that. This could be done after a meeting or during an evening especially set aside for this. Ask your parish priest to attend and to conduct this evening of questions and discussions. Questions could be made verbally or written on a slip of paper and placed in a box. The latter is actually the better sug-

gestion as there may be members who would prefer not to put a question before all the other members.

### c. Monthly Communion:

This is a practice we should all develop and maintain not just throughout the winter season but also each and every month of the year.

### d. Round Table Discussions and Study Groups.

A round table discussion may take in all members of the local. Some one member may be asked to prepare material on a chosen topic, and present it to a group. This does not necessarily have to be a speech but rather material on the topic which would stimulate discussions. After the reading or presentation of this material, the members express their opinions and the discussions begin.

Study groups may be tried in a local that has a large membership. All members interested in taking part, may be divided into groups of five or six. These may take up the discussion of some topic as in the case of the round table discussion or may read and study some of the excellent books. As a suggestion we might mention "Catholic Apologetics", the Liturgy of our Church, "Catholic Action Manual", "History of the Church", "Radio Replies".

### e. Library:

Wherever possible locals should try to encourage the reading of good books. The starting up of a library may require some funds but members can build up their

collection by bringing books from home, which they feel would be fitting to make up a library for their club. The choice of books for your library should be censored by your executive and the Parish Priest before being listed for distribution among your members.

#### Cultural

##### a. Handicraft for boys and girls:

Encourage this among your members as the handicraft of our Fathers is something we want to retain and the handicraft of our country is something we want to acquire. This may include needlework, wood carving, painting, Easter-egg decorating and the like. Almost every parish has some older people adept enough in these handicrafts to pass it on to others. We think that they would be only too happy to do this in order to help preserve our culture.

##### b. Dramatics:

We feel that every U.C.Y. local should present at least one drama night every season. This would not only give members more confidence in appearing in public but would also help to give training in the use of the Ukrainian language. The plays, of course, would be presented in Ukrainian. These could take the form of either a three or four act drama or a series of one-act dramas. Where there are a number of locals within easy travelling distance of each other we suggest that they present a Drama Festival in which each local would have a short play. It is our fond dream that we reach that stage where we could have Provincial Drama Festivals in which numerous clubs in each province would take part. Once this was achieved it would be a

simple matter to have a Dominion U.C.Y. Drama Festival at which the top play from each province would be presented. The centre of these drama festivals could be changed for each year so as to give every province an opportunity to play host. Why not discuss this matter at your next meeting? It's rather late to embark on such a large scale this year but it certainly isn't too early to start planning now for next year. Wouldn't it be wonderful if we could accomplish this in the very near future?

##### c. Concerts:

This activity is very popular in the Fall, Winter, and Spring seasons at it is much easier to get large crowds at that time. Get a few musical items together — a vocal solo, choral work, instrumental solo, dance or a recitation. This is something you will enjoy preparing, something that will greatly please the parents and parishioners of your church, and something that will also be a source of income for you.

##### d. Choirs:

If you have no choir or choral group, go to your Parish Priest for assistance. He will surely help you either personally or see that some person is delegated to undertake the organizing of such a group.

##### e. Dancing classes:

If there should be someone in your parish who knows our Ukrainian Folk Dances, he or she might be approached to have dancing classes for your members.

##### f. Discussions:

Discussions may be conducted on such topics as "History of the Ukraine", "Lives of Great Ukrainian Fathers", and the lives and works



of Ukrainian composers and writers.

g. Writing:

The writing of articles for publication in "YOUTH" is something that should be encouraged the year round. In addition to formal articles there is a channel for expression of opinion in the YOUTH. Our "Letters to the Editor" section hasn't been appearing very often because there haven't been any contributions to it. However, this is one item which we would like to have every month. If any members of your local have various opinions about the U.C.Y., the YOUTH magazine, Ukrainian culture, or any of the pertinent problems of Youth, why not encourage them to write their views to the Editor for future publication. This is one important method by which we can get to know what other U.C.Y. members all across the country think about our activities.

Social:

a. Club Socials:

Club socials are always an excellent way to make your club activities more interesting for the members and definitely stimulate the feeling of co-operation of all members who undoubtedly want to make it a success. These socials don't necessarily have to be just a dance. Some can play cards, some dance, some play various games such as ping pong, darts, etc., after which the members can serve refreshments.

b. Raffles:

This is always a good way to build up your treasury. The article to be raffled could either be purchased or could be donated by someone in your parish. In order to keep ex-

penses down, tickets could very easily be made by the members by typing a stencil from which you can make as many copies as desired.

c. Dances:

As most young people like this form of entertainment we certainly must give it to them. Good music, a congenial group of young people always makes for an enjoyable evening.

d. Skating parties:

This is one of the best winter outdoor activities. What better way can you think of to have a great deal of good clean fun, as well as getting the cobwebs from your muscles, putting color into your cheeks and working up a good appetite for a lunch prepared by members of the club after everyone is too weary to skate any more. The evening could be topped off by a sing-song, including Ukrainian as well as English numbers.

e. Hockey:

This being the National sport of Canada and a favorite among our boys, your members may want to organize a hockey team. If another club has organized such a team also, games could be arranged.

f. Bowling:

If bowling facilities are available in your locality why not form a group and try your skill. You'll certainly have a great deal of fun too.

g. Whist Drives:

This is also a money making project for your club. It is true that proper equipment is necessary—cards, tables, etc. However, start with what you have and if your club activities progress as desired, you will slowly be able to get what equipment you need. This is another

form of entertainment to which you can invite another club either as guests or for a small charge. Naturally there will have to be prizes given. If desired, refreshments may also be served.

**h. Teas:**

Usually held on Sundays as it is a day when most people are free and you can invite all from your parish. It is a good idea to prepare one or two items, musical or otherwise to entertain your guests during the tea. A silver collection could be made either at the door or at the tables.

**i. Other Activities:**

Other activities which we will just mention because of lack of space are: Sleigh rides, Scavenger hunts, Hard-time socials. Banquets, Amateur Nights, Quiz Programs, Sing-Songs.

**Organization:**

**Membership Drives:**

This rule can be followed all year round. Members should try to encourage Catholic young people to join the ranks of the U.C.Y. at every opportunity. There are many more Ukrainian Catholic young people

outside of our organization than in it. Why not make a survey of your parish to determine the number of prospective U.C.Y. members that you could have and then compare it to the number which you do have. The difference between these two, especially in cities, is far too great.

**YOUTH Press Drive:**

Together with your attempts to get new members you should encourage everyone to subscribe to the YOUTH magazine. The number of U.C.Y. members who do subscribe to the YOUTH is pitifully low. Why not give this a great deal more consideration than you have in the past?

**Charity.**

**Assistance to the Parish:**

We all know that financial assistance must be given to the parish. Actually, we are junior members of the parishes in which we live. Eventually, we will be full-fledged members with greater responsibilities. Helping the parish now will give us more experience for the future in addition to giving assistance when it is needed.

## Have You A Candidate?

Does your local have a candidate who can qualify for our new feature "Personality of the Month"?

If you have any member who has contributed much towards the U.C.Y. in your community or to the U.C.Y. cause in general, why not let us hear about it so we can let the rest of the Ukrainian Catholic Youth in Canada know about their exemplary work.

Once you've chosen your candidate, let us have a write-up about him or her, together with a portrait-type picture. We will do the rest.

